

### Bold Living

By: Nicole Greer, The Vibrant Coach

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"I love boldness. I believe boldness is a virtue. A virtue is a character quality that displays moral excellence. When I see it demonstrated, I am stirred by the passion of someone risking acceptance. **In our politically correct world, boldness has taken a back seat to compromise.** When the "bold ones" show up, they are in a state of willingness.

**Willingness** is not reserved, restrained, or remorseful. Bold ones surprise us, delight us, and excite us. They are acting on their beliefs and carrying out actions that move the world forward. Think of Susan G. Komen's sister who started an incredible cancer fundraising operation, Billy Graham, our service men and women — and your mom.

#### **We celebrate them!**

There is one caveat in our appreciation for bold ones. **Our beliefs must match the beliefs of the bold ones.** Otherwise, the bold ones can upset us, push us, and irritate us. Immediately, we long for them to be reserved, restrained, and remorseful for their actions. How can we break free from this absurd situation and move boldness forward? Let's celebrate boldness, not just tolerate it.

Take stock and take action.

#### **I want to celebrate YOU!**

**This week...observe who is bold in your life.**

Where are they taking risks?

How can you encourage them to do more?

What expertise can you offer that helps them right a wrong?

**Then step back...observe yourself.**

Where do YOU need to be bold?

What situation can you impact for the better?

What are you avoiding because it might upset the proverbial apple cart?

Who is marginalized because you are not leaning in to a better way?

#### **Are you a bold leader?**

Bold leaders know that in today's global, fast-paced environment, change is inevitable. A consistent Vibrant Collaborative Coaching session with your organization, with a powerful emphasis on mission and vision, frees initiative. Addressing the concerns of your team, listening people into action, and making real believers in the future is paramount. Vibrant Coaching uses STRATEGIES, instills SYSTEMS, and invites the genius in your organization (SMARTS) to appear through dynamic coaching techniques."





## Commissioner News

### Caswell County Commissioner Achieves Recognition from NCACC for Dedication to Professional Development

Caswell County Commissioner David Owen was recognized by the North Carolina Association of County Commissioners for meeting the requirements for the Master level in the Local Elected Leaders Academy. A Master has completed a minimum of 66 credits (18 orientation credits + 30 focused in-depth credits + 18 elective credits) of continuing education since becoming a county commissioner.

The Local Elected Leaders Academy, a partnership with the UNC School of Government, the N.C. Association of County Commissioners and the N.C. League of Municipalities, offers local elected officials the knowledge and skills needed to lead and govern their communities.

County Commissioners are recognized for their participation in both educational programs and service to the Association. The starting place for earning credits is the orientation program, the Essentials of County Government. As commissioners increase education and service, they earn credits toward recognition at three levels: Practitioner, Master and Mentor. The NCACC tracks credits and recognizes participation every year at the Annual Conference.

"The Academy is designed to help our commissioners by improving their knowledge of the issues and their leadership skills," said NCACC Executive Director Kevin Leonard. "A commissioner who achieves recognition through LELA has shown a true commitment to their personal development and to their constituents back home."







*Family Services of Caswell County and  
Family Services of Caswell County, Inc., Presents the...*



**11<sup>TH</sup> ANNUAL  
DOMESTIC VIOLENCE  
AWARENESS BANQUET**

**"WITH AWARENESS THERE IS HOPE"**

**Thursday, October 26, 2017**

**Caswell County**

**Civic Center**

**536 Main Street**

**Yanceyville, NC 27379**

**6 – 8 PM**

**Dr. Patrice Cagle, Speaker**



**Ticket Price: \$20**

**[Meal Included]**

**Proceeds from the banquet will be  
used to provide services to local vic-  
tims of domestic violence.**

**For more information or to purchase tickets, please  
contact**

**Family Services of Caswell County**

**336.694.5750 Or**

**KB Hamlett Insurance**

**336.694.4191**





**5th Annual  
Caswell Breast Cancer  
5K Trail Fun Run/Walk  
1Mile Kids Run**

Saturday, October 14, 2017  
Registration/Check in 8-9 AM  
Kid's race starts at 9:15  
5K starts following Kids Race  
**Location:** Fire Tower Rd, Yanceyville NC

**2017 Registration Form  
5K Entry Fees**

Adults.....\$20.00                      Kids 12 & under.....\$10.00  
Teams of 6 or more.....\$15.00 per person

**Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_  
**Age:** \_\_\_\_\_

**\*\*\*First 50 participants registered before September 30<sup>th</sup> will receive a free T-Shirt\*\*\***  
T-Shirt size: Adult S M L XL XXL Youth S M L XL

**Prizes given in each age group and over all male and female**

Mail Fee and Entry Form to: (Make Checks out to Caswell Emergency Management)  
**Caswell EM**  
Attn: Barry Lynch  
PO Box 98  
Yanceyville, NC 27379

Sponsored By: **Caswell Emergency Management**  
Race Director- Barry Lynch 434-250-2849



Submitted by: Tonya Pegg



Pictured is volunteer Danasha Streater.

Special thanks to Calvin Connally for our gavel!

Teen Court set up a table at Freshman Orientation, Dillard's Open House and at the Open House at BYHS. Information about the Teen Court program and volunteering was given. More than 20 students signed up to volunteer!

Volunteers are required to:

- ✓ Complete an application package prior to beginning
- ✓ Serve as a juror
- ✓ Attend training to become an attorney
- ✓ Have a clear behavior report
- ✓ Sign an Oath of Confidentiality form

Positions available:

- ❖ Prosecuting Attorney
- ❖ Defense Attorney
- ❖ Clerk of Court
- ❖ Bailiff
- ❖ Juror
- ❖ Reporter
- ❖ Sketch Artist

If you know a student in middle or high school (homeschoolers included) in Caswell County that is interested the Teen Court program, please contact Alex Tocabens at 336-694-1703 or [atocabens@caswellcountync.gov](mailto:atocabens@caswellcountync.gov).



On August 14<sup>th</sup> Life Skills students and volunteers from Teen Court visited The Home Inspection Training Center in Burlington. Mrs. Bonnie Gregory gave of a wealth of information from snakes & spiders to inspecting homes. Out of twenty thousand plus inspections, only averages of 10 snakes have been seen. Her suggestion for what to do if you do see a snake, "Get out of there." ☺ Spiders will leave you alone as long as you leave their web alone. Over a thousand men are trained yearly and only 36 have been bitten by a black widow. We learned that the black widow builds messy webs and never leaves them. Mrs. Gregory worked for NASA until she had her children. Both she and her husband are engineers. She writes the manuals used for home inspections. She stated that male inspectors earn \$300-\$500 a day; a day meaning 1 inspection plus the paperwork. Females earn \$500-\$700 a day but there are few female inspectors. We were able to observe and use the inferred camera that showed both liquid and heat. Mrs. Bonnie's son let us check out his drone that is used to view under decks and houses and over roofs. He explained how he used his Smartphone to design an app through Apple that testes for radon. Each time someone uses this app he gets paid for it; of course Apple takes their percentage too. Mrs. Gregory told the youth that she would sponsor them to get certified to inspect. They will need a high school degree and a fairly clean record. What a great opportunity!!





## Gunn Memorial Public Library Events Oct – Nov - Dec - 2017



### **Library Renovations**

We are excited to announce that the library renovations will begin this winter between December – Feb. The renovations will take approximately 1 year to complete. We are working on composing a press release about the library expansion for the public that must be approved by the grantors, but wanted to give the county employees a heads up about we were are in the process of so that you are aware and can answer any questions.

The county has secured project funding through Cannon Foundation, Danville Regional Foundation, Golden LEAF, Friends of the Library, and USDA funding through Piedmont Electric Corporation. Additional funding is now being sought for furniture, equipment, and landscaping.

This is a very exciting time for the library and county! Due to the renovations, asbestos removal and grant deadlines, the library will have to relocate to a smaller temporary location (TBA once the BoCC approves the rental agreement) during the renovations. That means that we will be boxing up everything in the library and storing it to make room for the construction. Because of the smaller location and added expenses of renting a temp building, storage for materials, and double utility bills, the library will need to reduce the number of materials being purchased. However, since the library partners with other libraries throughout the state, books can be requested and delivered via UPS from other libraries. We will also do our best to continue providing programs to the public. Some may be at alternate locations or even out into the community!

Please be patient with us during this long tedious process, it will be worth it in the end!!!



Submitted by: Rhonda Griffin



**Library Programs - School has started back up and so have the school-year programs!**

**Adult Programs:**

**Book Club** - every 2<sup>nd</sup> Monday of the month at 5:30

**Writers' Group** - (every 3<sup>rd</sup> Monday at 5:30) - September 18th - 5:30-7:30 - Caswell Writers' Group introduces three new local writers: Lisa Watlington, Lori Welch Wilson, and LeKisha Anderson. They will be discussing and signing their respective books here at the library.

**Zumba** - October will be Library Fitness month. There will be three sessions of Zumba. Dates TBA!

**Children's Programs:**

**Afternoon Book Baggers** - Every Tuesday afternoon at 3:30 for ages 6-12. Join us for arts and crafts, community speakers, games, celebrations and literacy based drama.

**Pre-School Story Time** - Every Wednesday morning at 10:00 am for children Ages 0-5. We will share stories we love and tell our own family stories through art, music and books!

**Saturday, October 28th - Halloween ComicFest!**  
Stop by the library for a free comic book!

**Christmas Party** is scheduled for Dec 20<sup>th</sup>, 2017 10:00AM-12:00PM at Parks and Rec

**Teen Programs:**

**Teen Programs** - Thursday from 3:30 - 4:30 SNACKS included!

**October**

**Oct 5 - The Frozen Tee Shirt Game**

The objective is simple - Unfold a frozen t-shirt and wear it. It's not quite as easy as it sounds, however. ☺ Bring a t-shirt from home.

**Oct 12 - Halloween Cubeecraft** 🧊 📄 🧻  
Construct a 3D Halloween figure out of paper

**Oct 19 - Halloween Celebrations around the World** 🦇  
We will eat Halloween Snacks and learn how different cultures celebrate this widely popular holiday and how it came to be.

**Oct 26 - Bingo!**  
Win some prizes and enjoy some healthy snacks!

**November** - November 2, 9, 16 & 30. 🖱️ (\*Closed on Nov. 23 & 24 for Thanksgiving!)  
Learn basic **Microsoft Word skills** each Thursday in November! Learn about creating documents, paragraph spacing, margins and more with Ms. Jackie!

For more information, visit our facebook page at: <https://www.facebook.com/Gunn-Memorial-Public-Library-Caswell-County-Public-Library-143260449038222/?pnref=lhc>

Submitted by: Rhonda Griffin





Coordinator Alex Tocabens and a youth performing Community Service painted this chair representing our program. The chair is a part of the Chair-ity Auction hosted at the Caswell Council for the Arts.



~Submitted by Tonya Pegg



## **Food Safety Tips for the Holidays**



**Feasting with family and friends is part of many holiday celebrations. Follow these simple tips to keep safe from food poisoning, or foodborne illness, during the holidays.**

- **Wash your hands.** Be sure to wash your hands with soap and water before and after preparing food, after touching raw meat, raw eggs, or unwashed vegetables, and before eating or drinking.
- **Cook food thoroughly.** Meat, poultry, seafood, and eggs can carry germs that cause food poisoning. Use a food thermometer to ensure these foods have been cooked to the safe minimum internal temperature. Roasts, chops, steaks and fresh ham should rest for 3 minutes after removing from the oven or grill.
- **Keep food out of the "danger zone."** Bacteria can grow rapidly at room temperature. After food is cooked, keep hot food hot and cold food cold. Refrigerate or freeze any perishable food within 2 hours. The temperature in your refrigerator should be set at or below 40°F and the freezer at or below 0°F.
- **Use pasteurized eggs for dishes containing raw eggs.** Salmonella and other harmful germs can live on both the outside and inside of normal-looking eggs. Many holiday favorites contain raw eggs, including eggnog, tiramisu, hollandaise sauce, and Caesar dressing. Always use pasteurized eggs when making these and other foods made with raw eggs.
- **Do not eat dough or batter.** Dough and batter made with flour or eggs can contain harmful germs, such as E. coli and Salmonella. Do not taste or eat unpasteurized dough or batter of any kind, including those for cookies, cakes, pies, biscuits, pancakes, tortillas, pizza, or crafts. Do not let children taste raw dough or batter or play with dough at home or in restaurants.



- **Keep foods separated.** Keep meat, poultry, seafood, and eggs separate from all other foods at the grocery store and in the refrigerator. Prevent juices from meat, poultry, and seafood from dripping or leaking onto other foods by keeping them in containers or sealed plastic bags. Store eggs in their original carton in the main compartment of the refrigerator.
- **Safely thaw your turkey.** Thaw turkey in the refrigerator, in a sink of cold water that is changed every 30 minutes, or in the microwave. Avoid thawing foods on the counter. A turkey must thaw at a safe temperature to prevent harmful germs from growing rapidly.

#### Pregnancy and Food



**While everyone wants to keep food safe during the holidays, it is especially important for pregnant women to do so because they are at increased risk of food poisoning.**

Pregnant women are 10 times more likely than others to get *listeriosis*, a rare but deadly foodborne infection caused by the bacteria *Listeria*.

Learn how to protect yourself from *Listeria* food poisoning.

- **Avoid raw or unpasteurized milk and products made with it, such as soft cheeses.** Raw or unpasteurized milk and products made with it can contain harmful germs, including *Listeria*. Avoid drinking raw milk and eating soft cheeses, such as queso fresco<sup>[2 MB]</sup>, Brie, Camembert, feta, goat cheese, or Roquefort, if they are made from raw or unpasteurized milk. Do not eat or drink other raw or unpasteurized products, such as juice or cider.
- **Be careful with seafood.** Do not eat refrigerated smoked seafood unless it is in a cooked dish, such as a casserole, or unless it is canned or shelf-stable.
- **Be aware of holiday beverages.** To reduce the possibility of fetal alcohol syndrome, watch out for alcohol-containing holiday punches and eggnogs. Avoid eggnog entirely unless you know it contains no alcohol and is pasteurized or made with pasteurized eggs and milk.

source: CDC



### Recipe Corner



#### Crockpot Chicken:

4 boneless chicken breast, 1 can cream of celery soup, 1 small jar mushrooms, 1 packet onion soup mix. Pour all ingredients into crockpot and cook on low for about 6 hours. Serve over noodles, rice or stuffing.

Source:cooks.com

*~Submitted by: Angie Talbott/Sonya Patterson*







## Senior Center News

### October 15-December 7, 2017

Medicare Cost hard to swallow? SHIP can help find the best Medicare Prescription Drug Plan for you!

It's time to evaluate your plan and see what's new for 2018. SHIP, a division of the NC Department of Insurance, offers free, unbiased information about Medicare and can assist with enrollment and subsidy applications that could save you money. Call to schedule an appointment with SHIP Counselor Desiree Benson today at 336-694-7447.

### Volunteer Luncheon

On Tuesday, October 10, the Senior Center will honor all of the volunteers who donate their time to making a difference in the community and the center. The Senior Center averages 340 volunteer hours from about 150 volunteers. Many of the volunteers deliver Meals on Wheels weekly or monthly, while others volunteer in the kitchen, answering the phones or with the Senior Clef Choir. We appreciate all their hard work and dedication to the community and to the Senior Center!

### Stew

The Senior Center Advisory Committee will be sponsoring its annual Stew Sale on Saturday, November 11. Stew will be sold for \$6/Quart. Pre-orders may be placed up until the stew date. Stew will be ready for pick-up at 11 AM. All proceeds go to enhance programs at the Senior Center.

*~Submitted by: Rodi Jeffries*





Sunday, November 5, 2017



# Happy Birthday!!

| EMPLOYEE           | DEPARTMENT           | BIRTHDATE |
|--------------------|----------------------|-----------|
|                    |                      | OCTOBER   |
| Rita Simon         | Senior Services      | 1         |
| Corey Ward         | EMS                  | 2         |
| Mary Jo Henderson  | Elections            | 3         |
| Kathy Tolles       | Building Inspections | 4         |
| Sandra Tate        | Health Department    | 5         |
| Beverly Gwynn      | Maintenance          | 5         |
| Tonya Moya         | DSS                  | 5         |
| Heather Thomas     | DSS                  | 7         |
| Daniel Sloan       | Sheriff Department   | 7         |
| Kristen Hamlett    | Finance              | 9         |
| Jonna Lunsford     | DSS                  | 10        |
| Thomas Bernard     | Tax Department       | 11        |
| Wes Harrington     | Sheriff Department   | 12        |
| Robert Mitchell    | CATS                 | 14        |
| Tony Durden        | Sheriff Department   | 14        |
| Gwen Vaughn        | Finance              | 15        |
| Harlee Denny       | 911 Communications   | 16        |
| Ajarie Holman      | Library              | 17        |
| Rick McVey         | Commissioner         | 18        |
| Rhonda Griffin     | Library              | 19        |
| Melissa Williamson | CATS                 | 19        |
| Lekisha Anderson   | DSS                  | 19        |
| Lisa Anderson      | DSS                  | 20        |
| Jonathan Long      | EMS                  | 20        |
| Charleste Bigelow  | DSS                  | 25        |
| Sharon Rose        | Health Department    | 27        |
| Sylvia Slade       | DSS                  | 28        |
| Mazen Asad         | Finance              | 29        |
| Kenneth Underwood  | Sheriff Department   | 29        |
| Grayson Allred     | Sheriff Department   | 30        |





# Happy Birthday!!

| EMPLOYEE         | DEPARTMENT         | BIRTHDATE |
|------------------|--------------------|-----------|
|                  |                    | NOVEMBER  |
| Tim Smith        | Landfill           | 1         |
| Katrina White    | Health Department  | 1         |
| Johanna Thompson | CATS               | 2         |
| Ray Rearrington  | Section 8 Housing  | 3         |
| Rodi Jeffries    | Senior Center      | 3         |
| Brenda McCollum  | DSS                | 7         |
| Kelly Cobb       | Health Department  | 11        |
| Frank Rose       | Sheriff Department | 12        |
| Christy Marlowe  | DSS                | 12        |
| Francina Jones   | Family Services    | 12        |
| Preston Halstead | Sheriff Department | 12        |
| Betty Hodges     | Health Department  | 13        |
| Darla Hooker     | Family Services    | 13        |
| Chuvola Johnson  | DSS                | 21        |
| Pamela Powell    | Health Department  | 21        |
| Jimmy Taylor     | CATS               | 22        |
| Joshua Haley     | Sheriff Department | 26        |
| Chris Albert     | EMS                | 27        |
| Katie Miller     | DSS                | 28        |



# Happy Birthday!!

| EMPLOYEE          | DEPARTMENT           | BIRTHDATE |
|-------------------|----------------------|-----------|
|                   |                      | DECEMBER  |
| India Robertson   | Finance              | 1         |
| Dianne Johnson    | Tax Department       | 3         |
| Regina Cardwell   | EMS                  | 3         |
| Tonya Wingate     | Caswell Soil & Water | 4         |
| Amy Harris        | DSS                  | 5         |
| Karen Brann       | Library              | 7         |
| Michael Allen     | Sheriff Department   | 7         |
| Joyce Rainey      | CATS                 | 8         |
| Marcie Smith      | EMS                  | 8         |
| Jerry Swann       | Detention Center     | 9         |
| David Owen        | Commissioner         | 11        |
| Ricky Young       | Detention Center     | 11        |
| Laura Beagle      | 911 Communications   | 13        |
| Andy Stanley      | Landfill             | 14        |
| Cameron Gannaway  | Detention Center     | 14        |
| Jasmine Henderson | DSS                  | 16        |
| Rebecca Foster    | Library              | 18        |
| Barry Lynch       | EMS/Emergency Mgmt.  | 18        |
| Wade Anderson     | Farmer Lake          | 19        |
| Jacqlyn Fore      | EMS                  | 19        |
| Donnell Corbett   | CATS                 | 20        |
| Katlyn Rose       | Health Department    | 21        |
| Tommy Ray         | Sheriff Department   | 24        |
| Bryan Miller      | County Manager       | 29        |
| Eugene Riddick    | Sheriff Department   | 30        |
| Heather Albert    | EMS                  | 31        |



**Upcoming Events**

**County Commissioners' Meetings**

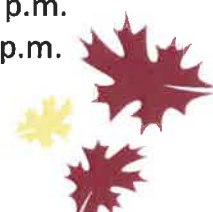
Monday, October 2<sup>nd</sup> @ 9:00 a.m. & October 16<sup>th</sup> @ 6:30 p.m.  
Monday, November 6<sup>th</sup> @ 9:00 a.m. & November 20<sup>th</sup> @ 6:30 p.m.  
Monday, December 4<sup>th</sup> @ 9:00 a.m. & December 18<sup>th</sup> @ 6:30 p.m.

**Community Events**

Saturday, November 11<sup>th</sup> @ 11:00 a.m. – Veterans Day  
Ceremony – Civic Center  
Friday, December 1<sup>st</sup> @ 6:00 p.m. to 8:00 p.m. – CCHA Christmas Tree  
Lighting Ceremony – Yanceyville Pavilion  
Saturday, December 2<sup>nd</sup> @ 10:00 a.m. – Yanceyville Christmas Parade

**Employee Appreciation Luncheon**

Tuesday, December 5<sup>th</sup> @ 12:00 – 3:00 p.m. – Civic Center



*Preserving the Past ...*



*Embracing the Future!*

**Caswell Connection Newsletter Staff**

Rodi Jeffries, Senior Center  
Calvin Connally, Maintenance  
Rhonda Griffin, Library  
Sharon Hendricks, Health  
Jonna Lunsford, DSS  
Tonya Pegg, Youth Outreach  
Angie Talbott, Cooperative Extension  
Paula Seamster, Administration  
Mindy Satterfield, Human Resources  
Melissa Williamson, CATS  
Yvette Williams, DSS



**Gobble, Gobble  
Something Else!**

